

# Freshman Athlete Meeting Seton High School

## Varsity Cheerleading

We are grateful for your passion for this sport and interest in Seton Cheer. Being a Saint requires a strong dedication, commitment, teamwork, a positive attitude, and an eagerness to learn. Our season begins with Tryouts in the Spring. We practice as a team over the summer 2x per week, as well as 2x per week during the school year. We cheer on the sideline for our lady Saints Basketball team at home games through the winter season. We also compete in the GameDay Division from October-February on the Varsity/UCA track. We also perform and spread the Seton spirit at many school functions such as the First Day of School, Shadow Days, and other FUN and special events. You can expect to make lifelong friendships and gain new athletic skills as a part of the Seton Cheerleading program.

**Wednesday March 26th: MANDATORY PARENT INFORMATIONAL MEETING 7pm Seton Library**

**Master Class Series to prepare for Tryouts: 6pm-8:30pm @ Seton**

**Wednesday March 19th GAMEDAY SKILLS**

**Wednesday April 2nd JUMPS & TUMBLE**

**Wednesday April 16th TRYOUT TIPS & TRICKS**

**Wednesday April 30th STUNTS**

**Seton High School Cheer Tryouts: @Seton**

**Formal Tryout: FRIDAY MAY 9th 5PM**

Registration information and tryout material can be found by downloading the BAND APP (parents and athletes). Create a login and search for "Seton Cheer 25-26"

Tryouts Material:

Band Dance

Gameday spiring

Crowd Leading Sideline and Cheer

Jumps

Tumbling skills

Stunting instruction will be provided

Interview Question

*\*stunting and tumbling experience is not required*

\*Cheer, dance, gymnastics, or other performance or athletic experience is preferred but not required. Athletes will pre-learn tryout material via video links and review material with coaches during the Master Class series. Formal tryout in front of judges will be held 5pm Friday May 9th at Seton. Master classes, parent meetings and formal tryouts are mandatory and any conflicts should be communicated to the coach prior to tryouts.

**OTHER IMPORTANT DATES**

**UNIFORM FITTINGS @SETON MAY 16TH UPPERCLASSMEN 3:30PM, FRESHMAN 4PM**

**SUMMER PRACTICE @ MSJ WEDNESDAYS 6:30PM-9PM AND FRIDAYS 9:30AM-NOON**

**SETON YOUTH CAMP JUNE 12, 13, 14 8-4PM**

**UCA SUMMER CAMP AT GREAT WOLF LODGE JULY 28-JULY 31**

**V!ROC CHOREO AUG 16th 8AM-6PM**

**FALL PRACTICE @MSJ MONDAYS AND WEDNESDAYS 6:30PM-9PM**

**COMP SCHEDULE RELEASED IN JULY/AUGUST**

**NHSCC FEB 2026 IN ORLANDO, FL**

Questions:

Contact Head Coach Lindsay Buerger

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